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1993

Food and Nutrition Service
National School Lunch Program
School Breakfast Program

United States Department of Agriculture



Best Practices



1993

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United States
Department of
Agriculture

Food and
Nutrition
Service

3101 Park Center Drive
Alexandria, VA 22302

Dear School Food Service Professional:

The Food and Nutrition Service of the Department of Agriculture is proud to recognize the 1993 "Best Practices" award winners for their exemplary accomplishments in the National School Lunch and School Breakfast Programs.

As you know, proper diet is important for the well-being of our Nation's children. The meals you plan, prepare, and serve play an important role in ensuring our 25 million customers are able to do their best, and to grow into healthy and productive citizens. There are many people in your profession doing wonderful things to enhance the effectiveness of these programs - this booklet highlights just 47 of those ideas which we felt deserved recognition.

As a partner in the effort to work towards better health and nutrition for all Americans, I encourage you to read the booklet, to adopt the practices you can use, and to share your own great ideas with others in your area. Together, we can make a difference in the lives of our children - in the future of America.

Sincerely,

A handwritten signature in dark ink, reading "Stanley C. Garnett", written in a cursive style.


STANLEY C. GARNETT

Director


Child Nutrition Division

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National Winner!


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National Winner!

**Accommodating
Students
with
Special Needs**

Accommodating Students with Special Needs

Brandywine School District

For providing students with a workshop to develop working skills, while at the same time teaching them the importance of the food service program.

Mid-Atlantic Region

Children with special needs at the Springer Intensive Learning Center were offered a unique opportunity to gain a sense of independent achievement and increased self-esteem through a special job program while providing a real service to food service.

Principal LeRoy Thompson came up with an idea of having his students package disposable silverware in plastic packets for use in the breakfast and lunch programs throughout the Brandywine School District. These packets had previously been purchased from a vendor.

Carol Aiken, a secondary teacher at the school, took Thompson's idea and made it work. She started up a job simulation project and spearheaded the development of the Springer Packaging Plant. Approximately 10-12 students work at the plant during a class period. The project objective is to successfully complete the sanitary packaging of plastic eating utensils and supplies into a wax bag and seal the bag to maintain sanitation.

have Down's Syndrome, Tourette's Syndrome, and other physical disabilities that make even the simplest tasks extremely difficult for them.

Springer Packaging Plant has made a big difference in the lives of Springer students. Their products are important and less expensive for food service; even more important to the students is the development of teamwork, independence, quality control skills, consistency, dependability and responsibility.

Program Size: Enrollment - 164
Contact: Kimberly Doherty,
Food Service Supervisor
Brandywine School District
1000 Pennsylvania Avenue
Claymont, DE 19703-1237
Phone: (302) 792-3850

The process may seem simple to the general public, however, these students

Accommodating Students With Special Needs

Churchill Junior High School

For excellence in accommodating the physical needs of handicapped students and in providing opportunities for students to develop valuable life skills.

Midwest Region

The food service staff at Churchill Junior High School are committed to providing opportunities for the integration of 21 Severely Handicapped and Trainable Mentally Handicapped students into the school community.

Prior to integration, the Severely Mentally Handicapped students ate lunch in their classroom. When the integration program started, these students needed assistance in carrying their trays, making food choices and using utensils and napkins. With patience and encouragement, these students now proceed through the lunch lines, use simulated money and meal tickets to pay for lunch, and make their own meal choices. In order to accommodate students who need additional time to perform tasks, they are allowed to come to the cafeteria five minutes before the main serving period starts.

Other students who are provided unique opportunities are the Trainable Mentally Handicapped students. These students are given responsibilities relating to the clean-up after the breakfast and lunch service. Job

duties include folding linens, flattening cardboard boxes, rinsing trash cans, replenishing chip racks, storing milk crates, drying and putting away pans and cooking utensils, washing cafeteria tables, and collecting lunch trays.

This in-school job training enables the students to experience a job situation in a supportive environment and to improve their vocational work and communication skills. Students learn the important life skills of following a daily work schedule, following directions, working independently, accepting correction, learning to work and communicate with adults, and producing quality work at an acceptable rate.

Program Size: Enrollment - 712
Contact: Pauline Phillipson,
Kitchen Manager
Churchill Junior High School
905 Maple Avenue
Galesburg, IL 61401
Phone: (309) 342-3129

Accommodating Students with Special Needs

Crestwood Children's Center

For concentrated effort in helping special needs children develop healthy eating habits based on the USDA Food Guide Pyramid.

Northeast Region

Crestwood Children's Center is a nonprofit mental health center for children and their parents. The center serves more than 1,700 children from pre-school to teenagers with outpatient, day and residential treatment of emotional problems so that they can return to their families and schools better equipped to cope and succeed.

Food often represents love to emotionally disturbed children and they have a strong need for oral gratification. In the past, Crestwood allowed virtually unlimited second helpings of any menu item. However, children with selective appetites can become satiated with favored food items and ignore others, contributing to an unbalanced diet. The center established a plan to help children develop healthy eating habits.

Crestwood's goals were to increase the children's willingness to try a variety of foods, foster a low fat diet, and base daily eating patterns on the USDA Food Guide Pyramid. They implemented an extensive in-service training session to explain the objectives of the new feeding approach to all teachers and sociotherapy staff. Articles in the agency newspaper explained the Food

Guide Pyramid and teachers were encouraged to teach a unit on age appropriate Nutrition Education using the pyramid. Children are now encouraged to eat or at least try all menu items. All staff eating with the children are encouraged to consume some of each menu item, thus providing a good role model and positive example. Home economics projects give the students an opportunity to prepare nutritious snacks and foods.

When students leave Crestwood, they should have the skills and knowledge to develop healthy eating habits that can serve them well throughout life.

Program Size: Enrollment - 172
Contact: Pamela R. Hearne, R.D.,
Director, Dietary Services
Crestwood Children's Center
2075 Scottsville Road
Rochester, NY 14623
Phone: (716) 436-4442, ext. 279

Accommodating Students with Special Needs

John F. Kennedy School and Stanislaus A.R.C.

For a school-provider relationship which values the contributions of citizens with special needs while providing outstanding service to all students.

Western Region

John F. Kennedy School has found the perfect meal provider in The Association for Retarded Citizens (ARC) - Stanislaus Food Services Program. In the past, the school received lunches prepared at another school; hot meals were often cold, and students with special needs were not well accommodated. This year, the school began contracting food services with ARC; meals are hot, balanced, delicious, and adapted to needs of each student.

Because ARC provides service at John F. Kennedy, meals can be chopped, pureed, or otherwise adapted to each student's personal needs while still permitting these students to go through the lunch line with their peers. Food waste has been significantly reduced due to the increase in quality, without any increase in lunch costs. In addition, there is added personal service: the ARC staff takes special efforts with all of the students, and is always friendly, considerate, and very willing to accommodate the needs of the school and students.

The ARC food service workers demonstrate that special people are valuable, contributing members of the community, and provide role models for John F. Kennedy's students with special needs. Special needs students have been given the opportunity to work in the kitchen with ARC workers, and some graduates have then become ARC food service workers or gone on to other food service work.

The John F. Kennedy School - ARC-Stanislaus relationship is a success for everyone.

Program Size: ADP - 140
Contact: Betty Bixby,
Food Service Manager
A.R.C. Stanislaus
Howard Training Center
1424 Stonum Road
Modesto, CA 95351
Phone: (209)538-4000

Accommodating Students with Special Needs

Jordan Valley School

For addressing special-needs through the school food program.

Mountain Plains Region

Marlene Picket and her staff at Jordan Valley have met the special challenge of providing nutritious, tasty meals that also accommodate the feeding needs of children with multiple disabilities.

They have adapted menus used in the rest of the district to meet the requirements of Jordan Valley's special-needs students such as liquified diets, impaired chewing ability, allergies, and cholesterol and weight control problems due to low exercise levels. At the same time, they make meals look appetizing and continue to meet nutritional guidelines. This is evident because a large number of teachers choose to eat school lunch.

Because of the length of time it takes to individually feed special-needs children and the reality of limited staff, lunch service must be extremely efficient. Sack lunches that can be served quickly are prepared for some students. In addition, food service staff developed a working relationship with a vocational training center for students with disabilities and Jordan Valley has become a training site for those stu-

dents. As a result, the food service staff and the children at Jordan Valley as well as the vocational training center have benefited.

One of the most valuable characteristics of the Jordan Valley food service staff is its ability to incorporate mealtime into the educational process rather than treating it as a separate entity. They have accommodated their meal service and schedule to the needs of the students and also worked with the students in the kitchen.

Program Size: ADA - 182
Contact: Tina Butterfield,
Food Service Coordinator
Jordan Valley School
7501 South 1000 East
Midvale, UT 84047
Phone: (801) 567-8254 Ext. 137



National
Winner!

Accommodating Students with Special Needs

Mohican Center

For nutrition education programs designed to meet the needs of special students which are integrated into classroom and cafeteria learning experiences.

Southwest Region

For the last three years, Mohican Center has focused on nutrition education programs designed to meet the needs of special students that integrates classroom and cafeteria learning experiences.

School year '90-91 focused on apples, school year '91-92 focused on the sweet potato, and school year '92-93 focused on Pierre the Pelican and his Seafood Friends.

Each year, the following overall goals are used in planning the nutrition education activities for Mohican Center:

- involve all students as developmental levels allow;
- involve students in the cafeteria and the classroom;
- involve school faculty and staff; and
- involve parents and community leaders.

During the year of the apple, students learned how to recognize an apple and to distinguish between a red delicious and a golden delicious apple. They learned where apples are grown, created art projects about apples, had puppet skits and discussions on apples, feed them to horses, and learned that applesauce and apple juice are made from apples.

Cherryl Matthews, Principal, reports, "The food service department at Mohican Center has become an integral part of our instructional program during the past three years." She also states, "Through these nutrition education events, the faculty, staff, and students are now more aware of their nutritional needs and are aware that a variety of foods is important in meeting these needs."

Program Size: ADP - 185
Contact: Gail Johnson,
Food Service Director
4050 Tunica Street
Baton Rouge, LA 70805
Phone: (504) 358-3762

Accommodating Students With Special Needs

Smyrna Middle School

For taking innovative steps to provide a positive atmosphere for special needs students through their cafeteria work/jobs program.

Southeast Region

Smyrna Middle School Cafeteria staff and the school's Comprehensive Development Classrooms (CDC) have formed a transition partnership with fourteen special needs students. The goal of this partnership is to help students develop work skills in their school environment that will enable them to make a transition in future work sites based on their individual abilities.

Carol Hunter, the school cafeteria supervisor, proposed the idea when approached by the CDC. Ms. Hunter and the cafeteria staff have maintained a positive and supportive relationship with the students. They provide job instructions and assistance in the work setting, and assistance at meal time. In addition, the cafeteria staff have put together parties and special events for the students highlighting individual special interests.

Another benefit of the work/jobs program is the special friends program. The program was designed to provide special needs students a chance for normal peer interaction. It has become a favorite elective of Smyrna Middle School students and has given everyone

involved a sense of responsibility and a better understanding of individuals with special needs. Special friends assist and supervise the students in their jobs as job coaches. The students are assigned jobs according to their individual abilities. Job responsibilities include washing tables, sweeping, filling spoon holders, stacking trays, washing windows, mopping, and taking out garbage.

The wonderful working relationship between the staff, the special friends and the special needs students has taught everyone a valuable lesson in acceptance and individual differences.

Program Size: ADP - 566
Contact: Annette Cooper,
Food Service Coordinator
Smyrna Middle School
502 Memorial Boulevard
Murfreesboro, TN 37129
Phone: (615) 893-5812

**Creativity
in
Menu Planning**

Creativity in Menu Planning

Aldine Independent School District

For the development and implementation of a menu planning system which allows each school to offer cultural and ethnic food choices appropriate to the population it serves.

Southwest Region

With 41 schools scattered over 110 square miles and a diverse income and ethnic population, Aldine Food Service Department offers schools a variety of menu options to meet the needs of their student population.

District-wide menus are published in area newspapers and sent home with elementary and intermediate students or posted in secondary schools. This provides the opportunity to educate and better communicate with students, faculty, and the community. In addition, schools select from a number of pre-planned menus that offer a variety of cultural and ethnic foods. For example, elementary schools must offer the published lunch menu daily and the Sandwich Express Sack Lunch and/or the Super Salad Lunch each day. All elementary schools offer both the published breakfast meal and the Roadrunner Breakfast.

Secondary schools offer the published menu daily, a combo menu, a food bar menu and/or the Super Salad Lunch. Several secondary schools also offer a sack lunch option. Schools have the flexibility to set up a 5-day combo

menu cycle and food bar menu cycle to fit the food preferences of the school population.

Aldine also exposes students to new items and offers fresh fruits and vegetables often. The Sandwich Express Sack Lunch offers a fresh fruit choice daily. The Super Salad Lunch is popular with students from pre-kindergarten through high school and encourages them to eat fresh vegetables.

Each month, menus focus on promotions relating to holidays and special days, weeks, and community events. Menus and events are publicized through the published menu, intercom announcements, posters, displays, and bulletin boards.

Program Size: ADP - 23,886

**Contact: Joyce Lyons,
Executive Director of Food
Service**

**14909 Aldine-Westfield Road
Houston, TX 77032**

Phone: (713) 985-6448

Creativity in Menu Planning

Beaufort County Public Schools

For initiating a Golden Entree Award for school managers to encourage creativity and variety for school menus.

Southeast Region

For the 1992-93 school year, Beaufort County decided to include a larger variety of foods and more of the entree and menu items their customers wanted. During the months of March and April, an average of 11-12 different menu selections were made available. New entrees included such delectable choices as chicken cordon bleu made with commodities and crispy potato fried chicken. Reception of the new menu items has been very positive. Customers, both students and teachers, enjoy the new foods and are still making suggestions for additional menu items.

The Golden Entree Awards contest is a creative way to encourage school managers to develop new creative and unique entrees. Managers may create their own entree for the Manager's Special Day that is featured on each month's menu. All school managers submit their recipes to the food service director each month. Entrees are judged on taste and presentation. Selection criteria are: originality; taste; the use of commodities; and whether the entree is low in fat (less than 28%). The

manager with the winning entry receives the Golden Entree Award (plaque and pin) and their dish is featured on the district's menu as the winners.

Successful efforts such as these result in increased participation through staying in touch with customer demands, while at the same time stimulating staff to come up with new ways to solve old problems.

Program Size: ADP- 9,800

**Contact: Judy Piper or Ron Myers
Beaufort County Public Schools**

Post Office Box 755

Beaufort, SC 29901-0755

Phone: (803) 525-4325

Creativity in Menu Planning

Fort Zumwalt School District

For menu creativity resulting in increased lunch and breakfast participation.

Mountain Plains Region

Students in the Fort Zumwalt School District enjoy creative menus that promote a variety of nutritional foods as well as special days throughout the school year. Last year, the increased variety of foods offered to students resulted in increased participation in both lunch and breakfast while the programs were self-supporting.

For elementary students, two main dish items and self-service food bars are available daily. The self-service concept increased participation by six percent and reduced plate waste by forty percent. Middle school students were offered two additional main-dish items, and five fruit or vegetable items each day in addition to pizza and salad bar. At the high school level, students were offered a choice of pizza, a hot entree, and custom-made deli sandwiches each day, in addition to a soup-and-salad bar, a pasta bar and a taco bar.

Breakfast for lunch and birthday specials are popular in elementary schools. Other popular menu ideas include: "Eat Smart" menus each month focusing on a specific aspect of good nutrition such as low fat or high fiber;

food items named after school mascots; and foreign menus featured during International Language Week.

For Fort Zumwalt's annual outdoor education program, the food service department developed meals that could be carried in a back-pack and cooked over a campfire. Special favorites included hearty meals in a foil pouch and banana/chocolate chip/marshmallow desserts cooked in the banana peel.

Program Size: ADA - 5,673
Contact: Penny Bryant,
Director of Food Services
Fort Zumwalt School District
110 Virgil Street
O'Fallon, MO 63366
Phone: (314) 272-6620

Creativity in Menu Planning

Howard County Public Schools

For consistently providing diverse menu selections designed to satisfy both the nutritional and gastronomic needs of the children of Howard County.

Mid-Atlantic Region

Howard County Public School's lunch participation increases each year due to the flexible and varied menus offered.

Each day elementary students have a choice of two or three entrees and three fruits or vegetables. Middle school students choose from four entrees and four fruits or vegetables. At the high school, students choose from the regular menu with four entrees, or they may choose the Super Lunch or the Coach's Corner Lunch. The Super Lunch is designed for the student with a hearty appetite; it is really one-and-a-half lunches priced at only 50 cents over regular lunch price. The Coach's Corner menu is designed for athletes or those students who are physically active. It is a high carbohydrate, moderate protein, low fat menu.

All students may choose from a vegetarian meal, salad bar, potato bar or pasta bar each day. High school students may also choose a sandwich or sub at the deli bar. As an orientation to the school lunch program, kindergarten students are offered a Kindergarten Sampler which provides small portions of different foods.

Other features of the Howard County Program are: Premium Meal Plan which allows parents (or grandparents) to buy meals for the whole year with a major credit card, check or cash; nutrient analysis of meals using Nutritionists III software; and a catering service for school functions with proceeds used to supplement the Child Nutrition programs.

Howard County has also cultivated national media attention. CNN-TV ran a segment last year about the vegetarian meals it offers, while local newspapers have done stories focusing on its innovative menu changes and attractive new decor.

Program Size: Enrollment - 12,500
Contact: Mary Klatko,
Food Service Supervisor
Howard County Public Schools
10910 Route 108
Ellicott City, MD 21042
Phone: (410) 313-6738



National
Winner!

Creativity in Menu Planning

Sedro-Woolley School District

For promoting nutrition education and involving students in the planning and preparation of menus.

Western Region

When a student complained about the “psychedelic, glow-in-the-dark rice” served in the school lunch program, Karen Kanske, a 5th and 6th grade teacher at Samish Elementary, decided to educate her students about nutrition and the school lunch program. Working with food service staff, arrangements were made for a tour of the production kitchen, lessons on preparation time and transportation, and an introduction to USDA guidelines and commodities.

With this background, the students then created their own menus. They considered meal pattern requirements, texture and color, taste, variety, and production limitations. The students had to agree to eat all the foods on their menus. Once the food services supervisor gave the menus final approval, they were printed and distributed to all students in the district. Student suggestions led to the creative use of commodities and regular addition of Chef’s Salad to the lunch menu.

During its second year of operation, the program was expanded to a second elementary school and peer tutoring with younger grades. Since the class enjoyed Mexican menus, Fridays

became “Fiesta Friday”, and Western Wednesdays were added to Salad Thursdays. A neighboring school district has requested help in implementing the program for next year.

The menu planning unit has provided the students in Sedro-Woolley the opportunity to apply their nutrition knowledge and become part of the school food service process. The students appreciate the hard work that goes into food service and take pride in their district’s meals.

Program Size: Enrollment - 3,457
Contact: Beryle Linch,
Food Services Supervisor
Sedro-Wolley School District
No. 101
2079 Cook Road
Sedro-Woolley, WA 98284
Phone: (206) 856-0831

Creativity in Menu Planning

Shenendehowa Central School District

For creative menus using limited resources of both time and money while promoting participation in the National School Lunch Program.

Northeast Region

The School Food Service Department of the Shenendehowa Central School District developed creative menus around a year long tour of the United States. The purpose was to introduce new menu items, increase interaction between the cafeteria and the rest of the school, and expand student knowledge of U.S. geography and regional agricultural products.

A United States map was strategically placed in each school and as each region was featured, the States were outlined with colored markers and State flags were placed on the map. Students made posters of the agricultural products of each region, its' geographic features and points of interest.

In the elementary schools, foods produced in the region and some new menu items were highlighted. Since young students are sometimes reluctant to try new foods, new offerings began slowly but increased as the confidence of the students was gained. For example, students were introduced to Boston baked beans, Vermont maple syrup, and Rhode

Island Indian pudding when New England was featured.

Junior and Senior High schools offer more choices so regional menus could incorporate new food items while still providing familiar choices. New menus were offered in the Cook's Corner one day per week. New England menus included New England clam chowder and New England Boiled Dinner (corned beef and cabbage).

Program Size: Enrollment - 8,500
Contact: Francine G. Rodger,
Director of Food Service
Shenendehowa Central School
District
One Fairchild Square
Clifton Park, NY 12065-1254
Phone: (518) 877-6251

**Environmentally
Friendly
Cafeteria
Practices**

Environmentally Friendly Cafeteria Practices

Alief Independent School District

For excellence in the development and implementation of a successful waste management, recycling and environmental education program.

Southwest Region

In the past, Alief Independent School District has used styrofoam trays and gable-topped milk cartons for the school food service program. In developing its waste management plan, Alief reviewed options for replacing the styrofoam tray and concluded that their best option would include continued use of the styrofoam tray provided that the trays were recycled. With that strategy in mind, Alief developed a request for proposals that included recycling of the styrofoam trays and awarded the bid to a company that would both supply the styrofoam trays and recycle them. In addition, Alief made the decision to purchase milk in polyethylene pouches instead of gable-topped cartons in order to reduce the volume of trash sent to the local landfill.

To accomplish these waste management strategies, Alief designed and implemented marketing efforts to “sell” these efforts to students and staff. The recycling project was named “Project P.L.A.” (Polystyrene Lives Again). Buttons, banners and recycling containers were all imprinted with a special logo so that students and staff would become familiar with the project.

To introduce Project P.L.A. to school district administration and staff, a nine minute video explaining the benefits and process for the recycling program was produced. To educate elementary students about the program and how to separate their trash, a three-minute video was produced which was shown to 17,096 students. Secondary schools used a variety of strategies, including poster contests and pep rallies; one school even produced a “commercial” with a recycling super hero.

By implementing Project P.L.A. and the milk pouch program, the amount of garbage sent to local landfills is being reduced by 56% annually. By weight, this represents approximately 929,250 pounds.

Program Size: Enrollment - 32,076
Contact: Sarah Sweeney
Alief Independent School District
P. O. Box 68
Alief, TX 77411
Phone: (713) 498-8110, ext. 2420

Environmentally Friendly Cafeteria Practices

Bellevue Public Schools

For significant reduction in waste and increased environmental awareness.

Western Region

Bellevue Public Schools invited students and faculty this year to RETHINK, REDUCE, REUSE, RECYCLE. This comprehensive program involves the entire district community in the goal to recycle or reduce the district waste stream by 50 percent by 1995; this year they have already reduced it by 30 percent.

Within cafeterias, garbage collection has been centralized with bins for recyclables. Student teams, environmental club members, PTA volunteers, and school staff monitored these centers to establish an effective routine. Milk cartons, juice boxes, aluminum cans, paper sacks, and more are recycled. Untouched food is donated to local food banks. Food waste is used in worm bins. Savings from reduced waste have more than paid for the cost of recycle pick-up services.

The cafeteria uses bulk foods instead of individual packages. Non-recycleable paper trays are being replaced with recyclable ones. These changes have resulted in substantial savings.

Education is a significant aspect of the program. Curriculum incorporates recycling and other environmental lessons. Students calculate the monthly ratio of waste to garbage recycled. Paper and aluminum products are recycled for art projects. Students from each middle and high school participate in the Recycle Action Team established for inter-school networking by The City of Bellevue and Youth Link.

Through these comprehensive efforts, the district has become more environmentally aware, and saved money. The efforts have been easily incorporated into the daily routine of district schools, and contributed greatly to the environmental consciousness of the school community.

Program Size: Enrollment - 14,578
Contact: Helen Westlund,
Nutrition Services Director
Bellevue Public Schools
Post Office Box 90010
Bellevue, WA 98009-9010
Phone: (206) 455-6123

Environmentally Friendly Cafeteria Practices

Carmel Clay Schools

For successfully implementing a comprehensive district-wide recycling program and promoting environmental awareness in the school district.

Midwest Region

Under the direction of Mary Ellen Haehner, Director of Food and Nutrition Services and with the interest and ideas of students, Carmel Clay Schools instituted the first district-wide comprehensive recycling program in Indiana. The seeds of this program were planted four years ago when Mrs. Haehner met with the students to investigate ways to reduce, recycle, and reuse the school district's waste material.

The first stage of the recycling program took place in the cafeteria where staff and students broke down boxes, rinsed and recycled cans, collected and recycled office paper, and replaced plastic ware with permanent ware. This effort was reinforced by showing videos to interested students and staff showing the impact of trash on the environment.

These two efforts sparked the interest of many individuals and led to the creation of a school board goal to develop a district wide environmental policy on energy conservation and recycling. A committee on environmental issues was formed in 1991. The top priority of this committee was to continue the environmental education of staff and students. The recycling program continued to

expand and recycling was implemented in all schools. Students were taught how to separate trash from recyclables. As a result of these recycling efforts, the trash being sent to a landfill or incinerator has been cut in half.

Program Size: Enrollment - 8,985

**Contact: Mary Ellen Haehner,
Director, Food & Nutrition
Services**

**Carmel Clay Schools
5201 East 131st Street
Carmel, IN 46033
Phone: (317) 844-9961**

Environmentally Friendly Cafeteria Practices

Cranston East High School

For integrating environmental awareness in the cafeteria through the use of a successful recycling program.

Northeast Region

Moderately handicapped students at Cranston East High School launched a can recycling program with a federal grant. Project "Can Do" has three major goals: to enhance the student's environmental awareness; to reinforce vocational and self help skills through budgeting and shopping; and to make the students contributing members of the global community.

Numerous recycling bins were placed in strategic locations in the cafeteria. Each day the special needs students collect, sort, rinse and crush the cans. The students log their progress on a chart they have dubbed "Mount Crushmore". Crushed cans are taken to a scrap metal business and sold.

The special needs students have gotten other students in the high school and other agencies in the community involved in their recycling program as well! Special needs students worked with peer tutors and members of the school environmental club to make posters and publish ads in the daily school bulletin encouraging other students in the high school to participate in the recycling program.

The Providence Journal did a feature story on "Can Do" and as a result of the publicity, several agencies as well as private individuals in the community have contacted the school to contribute their cans to the project. The students' goal was to collect 250 pounds of recyclable aluminum this year, but they have already exceeded that goal by over 150 pounds!

Money collected is used to reinforce the special needs students self help skills. Students develop shopping lists, budget money, shop for groceries, and prepare meals in school with the groceries. Students also plan field trips. In the future, the students plan to increase their budget and use the money to purchase food for a local food bank.

Program Size: Enrollment - 892
Contact: Michael Marrocco,
Food Service Director
Cranston East High School
845 Park Avenue
Cranston, RI 02901
Phone: (401) 785-8165



National
Winner!

Environmentally Friendly Cafeteria Practices

Fairfax County Public Schools

For successfully researching, marketing and instituting an efficient, cooperative system for the recycling of polystyrene throughout the community.

Mid-Atlantic Region

Fairfax County is the largest school district in Virginia and the tenth largest in the nation: 178 schools located across a 410-mile area. A recycling program for such a large district was a massive undertaking, but when student and community groups expressed interest in eliminating the use of disposable single-service products in schools, the county responded.

County staff attended symposiums, reviewed research, evaluated products in the market and priced options. After much consideration, the department decided to develop a polystyrene recycling program for the school district. This required a detailed phase-in plan, enlisting the cooperation of 135,000 students and 9,400 teachers, administrators and support personnel.

Training was crucial to success. The department developed marketing materials such as brochures and colorful posters to assist students in the recycling process. Continuous monitoring of the program in the schools and the retraining of new students and personnel has been vital to keeping recycling alive.

The time and attention needed to get the program off the ground was worth the effort. More than 961,000 cubic feet - or 343 tractor-trailer loads of polystyrene plastic trash has not been dumped into Virginia's landfills as a result of Fairfax County Public Schools food service recycling efforts.

District polystyrene is being recycled into other non-food contact plastic products such as park benches, audio and video cassettes, trash cans, and rulers. Schools that implemented excellent recycling programs received a park bench.

The district is continuing its environmental efforts, currently testing the milk pouch in eight schools. If successful, the pouch could reduce department milk carton waste by 65 percent.

Program Size: ADP - 56,000
Contact: Penny McConnell,
Food Service Director
Fairfax County Public Schools
6840 Industrial Rd
Springfield, VA 22151
Phone: (703) 813-4811

Environmentally Friendly Cafeteria Practices

Grand Island School Food Service

For a pioneering effort to use recycling to protect our environment.

Mountain Plains Region

Students in Grand Island, Nebraska, became concerned about all the disposable trays, cups, and bowls used each year in satellite schools. They suggested schools use paper pulp trays which would decompose in the landfills, but they were too expensive. Dishwashers were a physical impossibility in schools with no on-site kitchen facilities.

Although there was no recycling plant in the area, Phyllis Eriksen, Grand Island's food service director, decided to try recycling anyway. She began a pilot program in one school that was so successful it is now used in all satellite schools. In addition, media coverage has sparked interest in recycling in surrounding towns.

The theme "it takes three trays to make a ruler" was used to encourage student cooperation. Each school has its own system, but generally, color-coded trash bags and/or specified trash cans are used to identify and sort food waste, cutlery, recyclable cans, and styrofoam trays. The Special Education Department uses the cans to make money for class projects and supplies.

The recyclable polystyrene then begins its journey. Each day, a member of the food service staff collects the bags of polystyrene and transports them to a local company that was able to get a grant to buy a bailer. It is then transported to a recycling business in Lincoln and finally to Chicago to be made into rulers and other useful items.

Program Size: ADP - 4,230
Contact: Phyllis Eriksen,
Food Service Director
Grand Island School Food Service
615 N. Elm Street
Grand Island, NE 68801
Phone: (308) 385-5900

Innovative Cafeteria Practices

Innovative Cafeteria Practices

Cumberland County Schools

For implementing the computerization of financial and operational areas of their food service program in the central office and 69 school cafeterias.

Southeast Region

In 1987, the Child Nutrition Services central office began program computerization. Prior to this time, cafeteria managers completed all paperwork by hand and sent it to the central office to be hand-tallied by the bookkeeper. The bookkeeper then entered the data into the computer and generated reports required by the State by computer.

Beginning with Finance, computerization was gradually expanded to include other areas including inventories and free and reduced price applications. As more programs were implemented, cafeteria managers began using the computers in the school secretary's office more frequently.

School computerization began as a pilot program implemented in 14 schools in the Spring of 1991. The program included computerization and centralization of free and reduced price applications, a county-wide computer memo, and made managers responsible for the total operation of the cafeteria program.

A 30 hour computer training course was taught at Fayetteville Technical Community College for all cafeteria

managers, with workshops conducted as each phase of the computer program was implemented.

Operations were streamlined, enabling managers to save time by electronically conveying weekly food orders, daily reports, monthly inventories, bi-annual small equipment orders, maintenance repairs, and monthly menu planning to the central office.

Computerization has made the Child Nutrition office more efficient. The greatest change has occurred in the school managers. They have become more confident and professional and believe they receive new respect from teachers and principals.

Program Size: ADP - 34,500

Contact: Dr. Carol K. Hayner,

Child Nutrition Director

Cumberland County Schools

396 Elementary Drive

Fayetteville, NC 28301

Phone: (919) 678-2502

Innovative Cafeteria Practices

Federal Way Public Schools

For Food Services' successful efforts to promote participation in school meal programs in the Federal Way Public Schools secondary school operations.

Western Region

Federal Way School District food service staff has worked hard to improve the image of school lunches served in the district, especially at the secondary school level over the past five years. A comprehensive program was developed to include changes in the actual appearance of the facilities; the presentation of the food; posters; and marketing plans for specific foods.

The district prepared a workbook "It's Got The Look" for school cafeteria design which allows schools to tap in-house talent and avoid expensive contractor fees. The workbook contains suggestions and sources for design improvements from inexpensive banners and flags to professionally designed awnings. Their suggestions include ideas such as using school colors and school mascots to help "sell" the improvements. The workbook shows how they have updated serving carts and found sources for garnishes and baskets for food displays. Federal Way held a seminar for other districts and distributed the workbook which they continue to improve and update.

The district prides itself in re-using what it has in updating cafeterias, getting the best buy for its money and promoting its in-house talent. The district's food service department emphasizes to its staff that even small changes can have a dramatic impact in improving not only the appearance of the department, but the total perception of the department as a professionally run organization.

Program Size: Enrollment - 19,450
Contact: Mary Asplund, R.D.,
Food Service Director
Federal Way Public Schools
31405 18th Avenue South
Federal Way, WA 98003
Phone: (206) 839-3446



National
Winner!

Innovative Cafeteria Practices *Bloomington Public Schools*

For enlisting parent and community volunteers to help serve school lunches lowering costs, involving the community and promoting the food service program.

Midwest Region

In Bloomington Public Schools, 43 volunteers, including parents, other community members, and even Minnesota Vikings, are on duty in the sixteen school cafeterias every day. The volunteers report to the cafeteria half an hour before the lunch service; they eat lunch with the cooks; and then, complete with hairnets or caps and aprons, assist in the serving line.

The involvement of parents and citizens in the school lunch program began in 1946 and has remained an integral component of the school and the community.

Volunteers are more than extra hands in the kitchen, they also perform a public relations service by telling the real school food service story. They are involved in the school food service and eat the lunches, so they better understand the concerns, problems, requirements and limitations of the programs. Of course, they also enable paid staff to perform other necessary duties such as continuous food preparation to ensure high food quality.

To guarantee success of the volunteer program, Bloomington provides for adequate recruiting, training and evaluation; maintains substitute volunteers on call; and hires volunteer solicitors to contact and schedule two to four individuals to work in each cafeteria each day.

The volunteer program has helped maintain a school district lunch participation of 74%, 12% over the state average. In return for their work, volunteers are invited to an Appreciation Tea where they enjoy food, prepared by the food service staff, decorations, and an entertainment program provided by the students.

**Program Size: Enrollment -
11,480**

**Contact: Nancy Rokke,
Director of Food Service
Bloomington Public Schools #271
8900 Portland Avenue South
Bloomington, MN 55420
Phone: (612) 885-8555**

Innovative Cafeteria Practices

Middletown City School District

For creating innovative approaches to meet students' needs by combining a variety of healthy food choices with a "Food Court" atmosphere.

Northeast Region

Middletown's Food Service Department is now operating in the black due to a number of changes made by their new food service director, Mark Truax. The changes include: a variety of healthful foods offered at all school levels; monthly manager meetings to assist in problem solving; additional training for managers and staff; a catering program for special functions to bring more funds into the department; and a recycling program for styrofoam products.

The Food Service Department operates under the principle that part of the educational process includes teaching students how to make wise food choices by offering a variety of healthy foods. All schools now offer a minimum of two fresh and two canned fruits (packed in natural juice) every day. More fish, poultry and turkey products are served, including turkey cold cuts.

In the elementary schools, a minimum of two hot entrees and three cold sandwiches are available daily. Complete self-service recently began in three of the six elementary schools.

This allows students to choose their own meal and serve themselves.

This year, all high school students were required to eat in the school cafeteria, so many changes were made to accommodate the students, increase the variety of foods, and make the cafeteria more visually appealing. Three mobile food carts with colorful awnings were purchased and placed around the cafeteria to add additional lines and create a "food court" atmosphere.

Mark Truax's "food court" has earned him the "Silver Rising Star of the Year Award", which is presented annually to an outstanding school food service director with no more than five years experience in the position.

Program Size: Enrollment - 5,500
Contact: Mark K. Truax,
Food Service Director
Middletown City School District
Food Service Department
223 Wisner Avenue
Middletown, NY 10940
Phone: (914) 341-5310

Innovative Cafeteria Practices

Quakertown Community School District

For revitalizing the food service department by improving the quality of menus and maintaining a "client friendly" philosophy.

Mid-Atlantic Region

Quakertown Community School District Food Service Department has taken steps to enhance its image, improve its service and "revitalize" its menus in an effort to move from an institutionalized food service to a customer-oriented, client-friendly food service.

The first step was to change the department name from Cafeteria Department to "Food Service Department". This set the ground work for upgrading staff image and raising expectations among customers. Next, the staff chose an employee uniform available in a variety of colors and sporting the new department logo. The uniforms helped create an upscale, comforting environment.

The food staff worked hard at getting to know the students and staff. By understanding student needs, staff could personalize service. The goal was to service every student's needs every day. Quakertown students and staff are a sophisticated group and well acquainted with current trends in foods. They know what they like, so the food service staff dedicated themselves to meeting those needs and preferences.

As a result, finger foods appeared on the menu and a self-service bar was put into operation.

In order to change the atmosphere of the cafeteria, serving shelves were decorated with jars filled with colorful goodies, an assortment of baskets, cloth napkins and colorful advertising. Currently, the department is investigating purchasing modern paintings and designs for the walls, as well as remodeling counter tops and other surface areas.

The challenge that lies ahead for the Quakertown Community School District Food Service Department is to maintain its newly-perceived reputation for quality and to remain open and responsive to ever-changing customer needs.

Program Size: Enrollment - 4,600
Chrisanne Ondrovic,
Food Service Supervisor
Quakertown Community
School District
600 Park Avenue
Quakertown, PA 18951
Phone: (215)538-5010

Innovative Cafeteria Practices

St. John Lutheran School

For creatively overcoming the "sound barrier" in the school lunchroom.

Mountain Plains Region

At St. John Lutheran School, innovation led to a solution to the universal problem of noise in the school cafeteria. To reduce some of the noise, acoustical material was installed in the upper fifth of the wall areas. Below the acoustical material, a three foot-high band of carpeting ringed the cafeteria. The carpeting not only absorbed much of the sound, but it also served as an effective background for student artwork, displayed gallery-style. At some time during the year, every child in the school had a piece of his or her very own artwork on display in the "gallery." Teachers provided the labor to install the displays.

An initial investment of \$500 provided for the acoustical material and carpeting. The initial success of the cafeteria "gallery" led to a memorial gift of track-lighting to further enhance the aesthetics in the lunchroom. On some special occasions, the overhead lights can be turned off for lowered "mood lighting" to give the students a more sophisticated atmosphere.

Parents donated ceiling fans to increase circulation on hot spring and fall days, and green plants added to the atmosphere. This cafeteria "gallery" provides a quiet and pleasing setting for school lunch, encouraging students to eat in their very own "upscale restaurant".

Program Size: ADP - 253
Contact: David Mannigel, Principal
St. John Lutheran School
877 N. Columbia
Seward, NE 68434
Phone: (402) 643-4535

Innovative Cafeteria Practices

Slidell High School

For creating a student-centered school lunch program that has become an integral part of the learning process for students.

Southwest Region

Slidell High School faced a challenge: they had a lunch time student attendance of almost 1,300 students, a cafeteria that seated 430, and one lunch period. In addition, the principal, manager and food service director wanted the cafeteria to be a place that students felt belonged to them, a place where they would choose to be (and to eat). They addressed this challenge by:

- forming a student advisory committee to obtain student input on cafeteria design and menus; the committee continues to plan special meals and activities for the cafeteria;
- eliminating all competitive food sales, including school concessions and club candy sales;
- implementing 3 lunch periods. The principal “pulls” lunch duty at all lunch periods and reports that both he and the students have benefited; and
- adopting the “student union” concept for the cafeteria to make it a place that students choose to be.

The cafeteria has a school mural, class spirit signs, a jukebox and checkered

table cloths; tickets to school events are sold in the cafeteria during lunch; and pep rallies are a frequent event during football and basketball seasons.

These efforts have created a student-centered school lunch program that has truly become an integral part of the educational process for students.

Program Size: ADP - 747

**Contact: Shirley Hall,
Food Service Manager
Slidell High School**

**#1 Tiger Drive
Slidell, LA 70458**

Phone: (504) 898-3371

Marketing/ Increasing Participation

Marketing/Increasing Participation

Greater Latrobe School District

For revitalizing the school food service operation through improved menu selection and a renewed philosophy of service.

Mid-Atlantic Region

In 1990, in an effort to increase student participation and reduce financial losses in the school lunch program, the Greater Latrobe School District hired a new food service manager, Carolyn Gump. New goals were set to increase quality, service, and education. Over the past three years participation has increased by 35% and loss to the district has been reduced by \$40,000 per year.

Baking equipment was taken out of mothballs and fresh baked goods are offered. All schools have salad bars. Two or three entrees are offered in elementary schools and six in secondary schools.

In elementary schools, friendship breakfasts are held for children and their parents. Special kindergarten lunches introduce kindergarten children and their parents to the cafeteria. "Spring Fling" lunches are cooked and eaten out-of-doors.

At the Junior and Senior High schools Snack Cat Cafe serving areas were designed by Student Council members. Art teachers held a contest for a "Snack Cat" logo. A restaurant style line was

instituted with a more expensive entree for larger appetites.

The senior high dining room overlooks the Lauren Mountains, providing the perfect setting for catering banquets. In the first year, 45 banquets or special lunches were served to 6,141 students and adults from the community.

One member of the Latrobe community claims that Carolyn Gump has created a small miracle by increasing students participation, earning recognition and praise from the community.

Program Size: ADP - 2,200
Contact: Carolyn Gump,
Food Service Director
Greater Latrobe School District
Country Club Road
Latrobe, PA 15650
Phone: (412) 539-8141

Marketing/Increasing Participation

Manson School District

For Food Services' resoundingly successful efforts to increase lunch participation in the Manson School District by enlisting parents, students, staff, and community support.

Western Region

Manson School District is in a rural area and has little community support. Under the direction of Marilyn Zornes, Food Service Supervisor, it began a two-pronged approach to increase parental and community involvement and school meal participation. Letters were sent to parents and the community explaining the lunch program and its goals. To generate interest from students and staff and to further involve members of the community, the district developed "Theme Days" which included local entertainers.

A local dance instructor performed the Hula at the Luau, square dancers performed at Western Days, and a local minister was a clown for Circus Daze. The whole community was invited to a Thanksgiving feast, and community volunteers were honored at a bar-b-que. Cultural diversity was part of this effort, with special menus for Chinese New year and important dates in Hispanic history. Publicity about these events appeared in the local newspaper and radio station.

In addition to fun activities, the district provided nutritious meals year-round. Both a summer food program and a breakfast program have been added. Breakfast promotions included "Breakfast Like Mom's" when the staff serve breakfast in bathrobes and curlers. Healthy snacks were served for Healthy Heart Week. A self-service bar is now used at the secondary school level which can serve as a potato bar, taco bar, nacho bar, sandwich bar, or breakfast bar on a rotating basis. As a result of all these efforts, the district has increased its participation from 58% in 1988 to 82% in 1992.

Program Size: Enrollment - 600
Contact: Marilyn Zornes,
Food Service Supervisor
Manson School District No. 19
1000 Totem Pole Road
Manson, WA 98831
Phone: (509) 687-9502

Marketing/ Increasing Participation

Ridgecrest Elementary School

For energetic creativity in making the school lunchroom a fun place and increasing its popularity for students, parents and teachers.

Mountain Plains Region

Under the direction of Peggy Christensen, Food Service manager at Ridgecrest Elementary School, participation has increased by 10 percent. Christensen has made the lunchroom a fun place with both regular and special events. Fresh chef salads encourage teachers and parents to eat school lunch also. One day a week is “sucker day” and students with a sticker on the bottom of their salad cup get a special sucker made in the cafeteria. As an introduction to the breakfast program, begun in February, free breakfast was served to all students one morning.

Students in each grade invited their parents to “Lunch and Chat”. Parents learned about the class curriculum then stayed for lunch with their children; grandparents and siblings often attended, too. This event was so popular that one grade even held a second “Lunch and Chat”.

Holidays provide the opportunity for special decorations, music and foods. For Halloween, lights were dimmed, scary background music played, and children picked their milk from a coffin

steaming with dry-ice vapors. St. Patrick’s Day featured green hamburger and hot dog buns — which some students said tasted even better than usual — and green applesauce, grapes, and jello, set to Irish music.

The staff held a Beach Day when there was a foot and a half of snow outside. Students and teachers wore sunglasses and brought beach towels to sit on and Beach Boys music inspired spontaneous dancing and “surfing.” The event was so popular that a second Beach Day was held by request.

Program Size: Enrollment - 572
Contact: Pat Jenson,
Food Service Coordinator
Ridgecrest Elementary School
1800 East 7200 South
Salt Lake City, UT 84121
Phone: (801) 567-8338, Ext. 138



National
Winner!

Marketing/Increasing Participation

St. Tammany Parish School Board

For a comprehensive marketing program that includes nutritious meals, special events, and community outreach resulting in increased participation and a positive image of school food service.

Southwest Region

St. Tammany Parish School Food Service has developed a multifaceted marketing program which includes promoting high quality, nutritious meals; emphasizing staff training; planning special events; participating in contests and promotions; and involving students, staff and the community in the school food service program.

Emphasizing good nutrition and promoting the school food service program are nothing new for St. Tammany Parish School Food Service. Beginning with "Go-Grow-Glow", a nutrition education program targeted for grades K-3, St. Tammany Parish expanded nutrition efforts to become the first school system to participate in the Southwest Region's "Project 2001: Nutrition for a New Century," a program for implementing the U.S. Dietary Guidelines in schools.

Other marketing efforts included staff training; involvement of students in the school lunch program and student-designed menus/activities/decorations for National School Lunch Week, Louisiana School Lunch Week and

other special events; community promotions such as grandparents/parents day in schools throughout the parish, and participation in contests such as ASFSA's Louise Sublette Award, which recognizes program excellence. St. Tammany has had the national Louise Sublette Award winner five times in the last six years!

St. Tammany's efforts have created a positive image at the local, state, and national levels, and have resulted in parish-wide lunch participation increasing from 9,800 ADP in 1981 to 19,440 ADP in 1992.

Program Size: Enrollment - 28,800
Contact: Sylvia Hornsby-Dunn,
Food Service Director
St. Tammany Parish School Board
Post Office Box 940
Covington, LA 70433
Phone: (504) 898-3371

Marketing/Increasing Participation

West Noble Elementary School

For excellence in promoting the National School Lunch Program and School Breakfast Program by planning special events that involve the parents, community and students and that promote sound nutrition.

Midwest Region

An average daily participation of 90% would be quite satisfactory for most food service personnel, but not for the staff at West Noble Elementary School. Each year promotions and special events are planned to involve the parents and community, and make lunch fun and varied for the students.

This year, the food service staff concentrated on two of their many planned promotions. The first, organized in conjunction with the Chapter I reading program, was a Dad's Day lunch designed for first-grade students. Students were encouraged to invite their fathers, or other significant adult, to school to visit the classroom and have a free lunch. The event was so successful, it was expanded to all grades. More than 42% of the students brought their father or special person to school to enjoy this event.

The second special promotion was a rock and roll day, planned to liven up the gray winter months. Cheeseburgers and fries were served in deli food baskets, complemented with fresh fruit, chocolate chip cookies and milk. Students and staff dressed in 50s and 60s clothes for lunch and a sock hop.

Prizes and drinks were given away to students with specially marked trays. Almost 98% of the students in attendance that day participated in the meal service.

Other activities include an American Heart Association's Food Festival which featured five days of heart-healthy meals; "Take Me Out to the Ballgame" Day; and an indoor Spring Fling Picnic.

Every day the food service staff decorates each table with a bud vase that reflects the season or holiday. They believe this small touch helps keep tables cleaner and floors less littered.

Program Size: Enrollment - 563
Contact: Gail Knafel,
Cafeteria Manager
West Noble Elementary
5294 North US 33
Ligonier, IN 46767
Phone: (219) 894-3191



National
Winner!

Marketing/Increasing Participation

West Point School District

For the establishment of a cooperative effort between food service, administration, and students to increase participation and maintain high standards for their school lunch program.

Southeast Region

One of the greatest challenges facing any child nutrition program is keeping high school students interested in the school lunch program. Nevertheless, West Point Food Service set the goal of increasing participation for the 1992-93 school year through a combination of supportive administration and students; new marketing techniques; new menu items and increased food choices; and high quality professional staff.

Articles published in the high school annual, school paper, and student magazine testify to the efforts of the cafeteria staff to provide support for faculty and students. This included catering the academic achievement, sports, band, and retired teacher's banquets.

The school has won three state football championships and one state baseball championship so school spirit is high. The cafeteria capitalized on this by using team pictures on the cafeteria walls and a new awning sporting the team mascot. Cups and napkins also display the team mascot.

Many new items were introduced and more choices are offered at the high school. Food on the serving line is displayed with a focus on color and eye appeal. Special attention is given to meeting student's special diet needs including offering vegetarian choices such as vegetable-topped pizza and fresh fruit salad plates.

The results of these efforts yielded an increase in the participation of 17% for the first six months of the year. Success was determined by an increase of 94 meals per day generating additional income with no additional labor costs.

Program Size: ADP - 472
Contact: Debbie Thurman,
Child Nutrition Director
West Point School District
Post Office Box 100
West Point, MS 39773
Phone: (601) 495-2411

Marketing/Increasing Participation

Wilmington Public Schools

For visually appealing menus and marketing promotions to stimulate interest and participation in the National School Lunch Program.

Northeast Region

Through the use of promotions, special events, theme days, contest days, and customer surveys, the Wilmington School Food Service Department worked to increase participation in all six schools. In addition, they increased community awareness and appreciation of the food service department by speaking at community meetings and workshops and by their own participation in staff training and educational workshops.

In September 1992 the overall district participation was 50 percent. With low numbers of free and reduced price eligible students, the food service staff concentrated on reaching paying customers.

An article published in the local newspaper "The Biggest Restaurant in Town" told how nutritious school lunches are and emphasized the quality and low cost of the meals.

Nutrition information and food facts were printed on the back of each weekly menu. This involved the teaching staff more directly with food services and the information has become part of the

curriculum. Parents were surveyed to identify concerns and improve the lunch program.

The high school held a taste-testing to introduce students to some new foods and lowfat choices. Students participating in school lunch could go through three serving lines for no additional cost. Students who completed a survey of likes and dislikes received a snack in return.

Through these efforts as well as their everyday hard work, Wilmington was able to increase district participation from 50 percent to 55 percent in six months.

Program Size: Enrollment - 1,332
Contact: Anne M. Quinn,
Director of School Food Service
Wilmington Public Schools
159 Church Street
Wilmington, MA 01887
Phone: (508) 694-6064

Nutrition Education



National
Winner!

Nutrition Education/Awareness

Chicopee Public Schools

For developing and implementing an inter-disciplinary after-school Nutrition/Cooking class that stimulates nutrition awareness among elementary school students.

Northeast Region

“Latch key” students are targeted for this innovative after-school nutrition and cooking class taught by the Chicopee food service staff. Students learn about the Food Guide Pyramid and how it applies to their daily eating habits. They learn how nutrients, vitamins and minerals affect the body and how to combine foods to obtain their daily requirements of nutrients. Students also learn how to independently prepare a nutritious snack or meal at home, how to read a menu and follow directions, and basic rules of sanitation. In addition to the nutrition aspects of the program, students also learn to become a member of the group and to work as a team to accomplish their assigned tasks. As a culminating activity students plan, prepare and serve a nutritious lunch to teachers and administrators on Teachers’ Appreciation Day.

This is the second year that this program has operated and is considered to be an overwhelming success. Even students who are not “latch key kids” want to join. There has been such a huge response from all students that waiting lists have been started. School

principals actively support the program and are eager to schedule the class for their schools. The class has been held at seven elementary schools in Chicopee.

The program was highlighted in the Meal Time Sampler, a publication of the New England Dairy Council. In addition, WBZ radio, the largest AM radio station in Boston, invited two Chicopee students to participate in a radio segment called Kid Company where they discussed what they had learned through the class.

Program Size: Enrollment - 7,000

**Contact: Joanne M. Lennon,
Director of School Cafeterias
Chicopee Public Schools
Food Service Department**

180 Broadway

Chicopee, MA 01020

Phone: (413) 594-3453

Nutrition Education/Awareness

Laramie County School District # 1

For increasing nutrition awareness through education of students and parents.

Mountain Plains Region

Nutrition education priorities for the Food Service Department of Laramie County School District #1 were to update training materials and publicize their availability in addition to providing nutrition information to students and their families.

Using a NET grant, new materials were purchased and games and activities were put together into kits that could be checked out to classrooms. One of the most effective visual aides is a free-standing Food Guide Pyramid. Wooden blocks were cut for each food group and the pyramid is built as a presentation is given. It becomes obvious to the students that all of the groups are necessary for the pyramid to stand.

At the beginning of the school year, presentations on the new materials were made to teachers and principals. In addition, catalogues were sent to each of the 31 schools giving information on materials available for use in the classroom, and classroom presentations geared to specific grade levels that can be made by food service personnel.

New this year are special presentations for high school athletes and their parents to address their specific nutritional needs. A popular old favorite is the tour of the food service warehouse and the kitchen facility for second-graders, who gain a better understanding of the work involved in providing meals.

In the cafeterias, neon colored signs designate healthy choice items, more fresh fruits and vegetables are served, and a center for nutrition information stresses the importance of eating the right foods.

To reach parents, nutrition information is printed on the back of monthly elementary menus and a breakfast flyer went home with report cards.

Program Size: ADP - 8,211
Contact: Linda Willman, R.D.,
Food Service Director
Laramie County School District #1
Department of Food Service
3320 Maxwell
Cheyenne, WY 82001
Phone: (307)771-2442

Nutrition Education/Awareness

Ma'ema'e Elementary School

For the innovative, creative, and "hands on" approach the food service program has used to educate and make students aware of the value of good nutrition.

Western Region

Under the leadership and direction of Stephanie Koga, food service manager at Ma'ema'e Elementary, the food service department has developed a successful on-going nutrition education program. Classes in nutrition are coordinated with classroom teachers and geared to the specific grade level. Within the last five years, the staff has provided 135 nutrition education classes, reaching 4,175 Ma'ema'e students.

The Food Guide Pyramid is used to explain choices for healthy eating, and to show the importance of eating a variety of foods to get the nutrients needed for good health. Many local foods such as pat choy and pomelo are incorporated into the lessons. Nutrition ideas such as proportions, eating food low in fat, salt, and sugar, and eating large amounts of grain, fruits, and vegetables are introduced.

Classes use a "hands-on" approach. Students may bake a mini loaf of bread after seeing real wheat and watching a demonstration on how wheat is changed to flour. Or students may tour the

cafeteria and learn about its operation. Lessons generally include making a healthy snack such as banana pops or egg in a nest which students may take home to share with their family.

The Ma'ema'e Parent, Teacher, and Student Association has also shown a strong commitment in supporting this program with an annual \$200 contribution for the school to use for materials in the nutrition education classes. At Ma'ema'e nutrition education is an integral segment of the total educational program.

Program Size: ADP - 800

**Contact: Morris H. Kimoto,
Principal**

Ma'ema'e Elementary School

319 Wyllie Street

Honolulu, HI 96817

Phone: (808) 595-2805

Nutrition Education/Awareness

Morgan County Middle School

*For excellence in promoting nutrition education awareness
through a student-initiated problem-solving project.*

Southeast Region

The Sixth Grade Future Problem-Solvers (FPS) at Morgan County Middle School were concerned about students wasting food in the school cafeteria. U.S. troops were being sent to Somalia to ensure that hungry people were being fed, yet students in their own school were wasting food every day. After much discussion with other students, parents, teachers, and the school nutrition director, the students decided that changing attitudes about good nutrition and school meals would encourage students to eat their meals and be less wasteful.

The FPS team first devoted time to learning more about the school lunch program requirements. Next, they conducted a "Food Poll for Sixth Graders" and reported the results to the cafeteria manager and the homeroom teachers. The group planned a month of menus using suggestions from the students. Some of the suggestions were to serve carrots raw instead of cooked, offer Ranch dressing and serve plain jello without fruit in it.

The team spent time learning about good nutrition and made computer generated advertisements to hang in the cafeteria and hallways. They also prepared speeches to give to each sixth grade homeroom and to advertise positive nutrition messages over the school intercom. They planned to check the plate waste later in the school year. One of the students also wanted to write government officials to ask them to change some school lunch requirements.

The other students were very receptive to the sixth grade Future Problem Solvers' advertising campaign and their talks to homeroom about the school nutrition program and positive attitudes about school food.

Program Size: ADP - 556
Contact: Debbie Tamplin,
Morgan County Middle School
1065 East Avenue
Madison, GA 30650
Phone: (706) 342-0752

Nutrition Education/Awareness

Oklahoma City Public Schools

For outstanding efforts in providing nutrition education daily with breakfast to over 12,000 elementary and middle school students.

Southwest Region

While enjoying a nutritious breakfast, approximately 12,000 elementary and middle school students in Oklahoma City are learning about the Food Guide Pyramid, nutrients, cruciferous vegetables, fat, fiber, and much, much more. Nutrition Education Task (NET) Assistants teach nutrition and promote healthy eating habits at each school. The NET Assistants are cafeteria personnel who have been specifically trained in nutrition education and assertive discipline.

One technique is to coordinate what is learned at breakfast with what is served for lunch. New or different foods, such as red cabbage, broccoli, and kiwi fruit, are often introduced at breakfast. In addition to tasting the foods, posters, handouts, and stickers are used to familiarize students with the new foods, and prepare them to accept the food at lunch.

Some other examples of nutrition education activities in the Oklahoma City Public Schools included elementary school lessons to teach students that like a car's engine, their bodies require good fuel in order to run properly. Oklahoma City gave in-depth

training on healthy food choices for teachers and food service workers who, in turn, educate students on choosing foods to lower fat and increase fiber.

Oklahoma also focused nutrition education efforts on parents, developing a video to be used at schools' open houses and at other parent meetings. Monthly newsletters with nutrition information are sent to parents along with the breakfast and lunch menus. Nutrition programs have been given at PTA meetings and at workshops to parents of pre-school children.

Program Size: ADP - 28,500

Jean Carroll,

**Nutrition Education Coordinator
2500 N.E. 30**

Oklahoma City, OK 73121

Phone: (405) 425-4502

Nutrition Education/Awareness

School District of La Crosse

For developing and implementing a comprehensive nutrition education program which links the food in the cafeteria with the lessons in the classroom.

Midwest Region

To provide nutrition education and to raise nutrition awareness, the School District of La Crosse Food Service staff utilized a knowledgeable, known resource — their cooks. The concept of “Cooks in the Classroom” was first developed in 1990 in order to teach elementary and middle school students about offer vs. serve.

Preparation for this teaching initiative involved designing lesson plans, preparing posters and props, and providing training to the cooks. The program was so successful in the first year that the staff decided to develop two other lesson modules called “Eat a Variety of Foods” and an “Introduction to the Food Guide Pyramid.”

The lesson modules are designed to last 15-20 minutes. Cooks send out notices to all teachers offering to come to their classrooms and present a nutrition lesson. When a teacher requests a presentation, the cook chooses the lesson module developed specifically for that grade level. Lesson plans were developed differently for kindergarten through second grade, third through fifth grade, and sixth through eighth grade.

Each lesson plan usually includes games, puzzles, worksheets, group exercises, and food samples.

For younger students, plans also include notes students can take home to tell their parents about the nutrition lesson.

“Cooks in the Classroom” has linked the food the students receive in the cafeteria to nutrition and the needs of the body. In addition, food service staff have become authorities on nutrition and have been recognized as a valuable resource in students’ nutrition education. The students now see cooks not just as people putting food on their plates but as people who care what the students are eating.

Program Size: ADP - 3,900
Contact: Marilyn Hurt,
Supervisor, School Nutrition
Programs
School District of La Crosse
Hogan Administrative Center
807 East Avenue South
La Crosse, WI 54601
Phone: (608) 789-7625

Nutrition Education/Awareness

Van Ness Elementary School

For actively promoting nutrition education throughout the year by stressing to students the importance of eating a well-balanced breakfast and lunch.

Mid-Atlantic Region

Patricia Brown, the Food Service Manager at Van Ness Elementary School, involved students and faculty in various activities to promote good eating habits. Since breakfast participation was low, she focused on promoting the importance of starting the day right with breakfast using the theme "Nutrition Awareness - Shape your Future".

The promotion was communicated throughout the community by public announcements, monthly bulletins, and letters to the PTA. Assemblies stressed basic nutrition, essential vitamins and minerals, and reading food labels in addition to the importance of breakfast.

After school activities reinforced the importance of a well-balanced breakfast with hands on exercises. Projects included menu preparation emphasizing reduced fat, sodium, and sugar; reading and understanding food labels; and tasting new fruits and vegetables. Throughout the month, the students were quizzed on nutrition issues and prizes were awarded for those who had the most correct answers.

The cafeteria was decorated with posters, drawings from a coloring

contest, information on foods, and the Food Guide Pyramid. A nutrition corner had literature for students to take home. Students could win various prizes such as balloons for a "Bring A Buddy to Breakfast" contest or a Breakfast Club t-shirt for daily breakfast attendance.

The March Nutrition Month activities showed an increase in breakfast participation of over 26%. The cost of the promotional activities was minimal as the giveaway items were made available through local agencies. Whatever the cost, the main goal of feeding the children, was realized.

Program Size: Enrollment - 384
Contact: Patricia Brown,
Food Service Manager
Van Ness Elementary School
5th and M Streets S.E.
Washington, DC 20003
Phone: (202)724-4698

Breakfast Expansion

School Breakfast Program Expansion

Alisal Union Elementary School District

For innovative and creative efforts to promote the School Breakfast Program in the community and to increase breakfast participation at school.

Western Region

In Alisal Union Elementary School District, 93% of the students are eligible for free and reduced price meals because of a large community of migrant workers. The School Breakfast program provides an important nutritional component to district students.

In order to publicize the breakfast program to the community, public service announcements were sent to all radio stations including the Spanish speaking stations. The district recruited the assistance of a local food bank to translate materials into Spanish. The district invited parent groups to tour the central kitchen and receive information regarding the National School Lunch and School Breakfast Programs.

Breakfast clubs were started at all the schools and students were asked to taste new breakfast products for acceptability. Nutrition workshops with new hands on activities for students were held in the classrooms.

In addition, the district used many promotions to expand its breakfast program. The food service staff wore "Its Cool to Eat at School" tee shirts

while serving meals, and gave the tee shirts to every student who was served a breakfast during the first week of school. Vendors and brokers were asked to donate items to be used as prizes and various promotions were scheduled weekly. Prizes included bookmarkers, Mickey Mouse dolls, and a gift certificate at a book store. Schools competed to increase breakfast participation and Tony the Tiger came to breakfast at the winning school.

The School Breakfast Program began in Alisal Union Elementary School District in 1990/1991 with 1,000 students eating breakfast daily. Breakfast participation has increased to 1,800 students in 1992/1993.

**Program Size: Enrollment - 5,200
(Breakfast)**

**Contact: Suzanne du Verrier,
Director of Food Services
Alisal Union Elementary School
District
1205 East Market Street
Salinas, CA 93905
Phone: (408) 753-5776**

School Breakfast Program Expansion

Hamilton City School District

For successfully instituting a universal breakfast program funded with available resources which focuses on making breakfast a part of every student's day.

Midwest Region

Hamilton City School District applied for a N.E.T. Grant from the Ohio Department of Education for 1992-93 school year in order to promote nutrition and breakfast. With this money, the district decided to pilot a universal breakfast program in one elementary school. In one month, the average daily participation rose from 108 to 194 students.

Linda Vaupel, Food Service Director, expanded the program to seven additional elementary schools without financial loss. During the 1991-1992 school year, an average of 772 students were served breakfast daily; in the following year the average daily participation rose to 1,199 students, a 55% increase. Because of the high percentage of students eligible for free and reduced price meals and because the average breakfast cost is \$.78 per breakfast, the program remains financially solvent.

In addition to serving free, appetizing meals, the food service staff realized the importance of sustained marketing of the program. Flyers and posters are designed and displayed to encourage all students to eat a free breakfast with

their classmates.

Teachers have remarked that children are more settled in the classroom and appear ready to learn. Fewer children are complaining about headaches and stomach aches in the midmorning and principals say there are fewer discipline problems. Ms. Vaupel says, "Breakfast has become a healthy routine in our children's mornings and will set healthy habits for the rest of their lives."

This unique breakfast program has received much attention from the media. Several school districts have asked Linda Vaupel to serve as their mentor in establishing a successful breakfast program.

**Program Size: ADP - 1,199
(Breakfast)**

**Contact: Linda Vaupel,
Food Service Director
Hamilton City School District
501 Central Avenue
Hamilton, OH 45011
Phone: (513) 887-5030**



National
Winner!

School Breakfast Program Expansion

Kansas City, Missouri School District

For teamwork in overcoming obstacles to provide district-wide breakfast service.

Mountain Plains Region

Kansas City School District faced some major obstacles to school breakfast implementation: space limitations; scheduling and supervision problems; and transportation for about 88 percent of the students who are bused to schools. They met the challenge with innovative ideas and a determination to succeed.

The Food Service Department met with other District departments and developed a sack breakfast program with these provisions:

- the Transportation Department modified bus schedules so that all elementary students arrive at school 10 minutes earlier;
- during the first 10 minutes of the school day the students eat in classrooms while teachers perform administrative tasks such as roll-call;
- the Food Service Department developed menus and using pre-wrapped products for a sack breakfast;
- the Food Service Department purchased special drawstring trash bags

and custom racks for each elementary classroom;

- the Operations Department arranged for trash-bag removal from the halls immediately after breakfast;
- the food service budget provides three non-food service employees 15 minutes every day to supervise children from buses into the building, and in the cafeteria or halls.

This well-coordinated team effort yielded a 447 percent participation increase. With 65 percent of the children eligible for free or reduced price meals, the district has met an important need for low-income families.

**Program: ADP - 12,322
(Breakfast)**

**Contact: Vonda Moonier,
Director, Food Service
Kansas City, Missouri School
District
1211 McGee Street
Kansas City, MO 64106
Phone: (816) 871-7350**

School Breakfast Program Expansion

Lawrence Public Schools

For creativity and innovation in the promotion and expansion of the School Breakfast Program.

Northeast Region

Lawrence began the School Breakfast Program in October 1986 at two of its seventeen schools. By February of 1987, the program had expanded to include all seventeen locations, even though none of the schools had lunchrooms and students ate their meals in their classrooms. George Carter, the Food Service Director, worked diligently with school administrators to carve out space for lunchrooms in every building but one so that students would have a place to go in the morning to get a nourishing breakfast and socialize with friends.

In spite of these efforts, participation declined. This was attributed to two factors: busing was stopped for many students as Lawrence returned to neighborhood schools; and the menu was restricted to cold items such as cereal or muffins. The Food Service Director decided to change to a combined hot and cold menu and announce it with a large promotion campaign.

parents. The New England Dairy Council and the State Bureau of Nutrition Programs and Services provided additional posters, flyers and "give-away" promotions such as NBA basketball cards and book covers. Breakfast menus were televised on the educational channel. WBZ-TV visited one school at breakfast and filmed a segment for a local television show called "Coming Together".

Over the following months the district showed an increase of 12 percent and individual schools showed increases of up to 47 percent.

**Program Size: ADP - 2,048
(Breakfast)**

**Contact: Director of Food Services
Lawrence Public Schools
Post Office Box 1827
Lawrence, MA 01842
Phone: (508) 975-2762**

Flyers, posters, and banners were designed, stating the serving times at each school. Letters and flyers, in both English and Spanish, were sent to

School Breakfast Program Expansion

Park Forest Middle School

For designing and successfully marketing a fast-service breakfast, the "By-You Breakfast", which offered food choices and a speedier breakfast option to students.

Southwest Region

In the Fall of 1992, Park Forest Middle School food service manager, Pat Sziber, recognized the need to increase student participation in breakfast and to improve student awareness of the importance of eating a healthy breakfast.

She wanted to design a breakfast which would have more student appeal and began by conducting a student survey asking students to grade different breakfast food choices. Food service found that a number of students preferred fast food items such as donuts, cinnamon rolls, juices and milk to the more traditional hot breakfast foods. Food service also found that students wanted to be able to get fast service and to eat with their friends in the school's commons area in a more relaxed atmosphere.

Since Louisiana is the Bayou State, Park Forest dubbed their new creation the "By-You Breakfast." Students now can choose between the traditional breakfast menu served in the cafeteria dining area and the quick and easy "By-You Breakfast" which is served in the commons area of the school and

consists of a large cinnamon roll or donuts; apple, grape, orange or pineapple juice; and unflavored whole, 2% low fat regular, skim milk, or 2% low fat chocolate milk.

Prior to beginning the promotion, extensive advertising alerted students, parents and faculty of the coming event through the use of posters, rap songs, morning announcements, parent/faculty handouts, media coverage, PTA presentation, and school newsletter coverage.

The promotion was a complete success, with the "By-You Breakfast" increasing participation by 36% and obtaining positive support from students, faculty and staff.

**Program Size: ADP - 297
(Breakfast)**

**Contact: Gail Johnson,
Food Service Director
Park Forest Middle School
3760 Aletha Drive
Baton Rouge, LA 70814
Phone: (504) 358-3762**

School Breakfast Program Expansion

Pittsburgh School District

For promoting the many benefits of breakfast through aggressive marketing techniques designed to improve student attitudes toward the morning meal.

Mid-Atlantic Region

A new concept in Pittsburgh's School Breakfast Program is a "Breakfast to Go" cart piloted at Washington Polytechnic Academy. Washington is a middle school which had very low breakfast participation, even though most of the students were eligible to eat free. Typically, only 30-40 students of the 300 enrolled ate breakfast. During a student survey, food service workers found that students thought that school breakfast was old-fashioned, not cool, and served "like elementary school."

The food service staff responded by developing new breakfast items which were taste-tested by the students. Egg and sausage on a bagel, ham and cheese on a croissant, hot fruit-filled danish, and a ranch flavored breakfast potato scored high with the students. A mobile "Breakfast on the Go" cart was designed with an eye-catching red and white canopy and heating and cooling capabilities. Accompanied by banners, balloons, public address announcements, give-aways and

raffles, the cart was put in place in the hall outside the lunchroom so students would pass it on their way to class in the morning. The initial results were a 100 percent increase in the number of students participating in school breakfast. The count rose from 30 to 40 breakfasts served each day to between 70 and 90. The school continues to work on increasing participation.

Students who never ate breakfast at school before, now looked forward to it, while students who always ate school breakfast were very appreciative of the improvement in the menu and serving method!

Program Size: ADP - 7,700

(Breakfast)

Contact: Dolores Ford,

Food Service Director

Pittsburgh School District

8 S. 13th Street

Pittsburgh, PA 15203

Phone: (412)488-3300

School Breakfast Expansion

Helena Elementary School

For successfully promoting nutritious choices for School Breakfast to enlist students who may have never had breakfast at school.

Southeast Region

Young children are bombarded with advertising for name brand breakfast products with high levels of fat, sodium, and sugar. Barbara Lovelady, School Lunch Manager at Helena Elementary School, reasoned that providing simple breakfast nutrition messages to students would significantly reduce the fat and sugar intake of the children and would also be good advertising for the school breakfast program.

Breakfast participation was low, although 84% of the children participate in the school lunch program and only 19% are eligible for free or reduced price meals. The goals for the project were to raise the rate of breakfast participation at school by 30%; provide breakfast nutrition classes to 50% of students and breakfast nutrition information to parents; provide parent/student activities at breakfast that would attract parents and grandparents; and involve the principal and teachers in an on-going breakfast project.

The activities included: nutrition classes with each teacher; pre- and post-tests administered in those nutrition classes; special events at breakfast like class-planned menus, special days, an a

poster contest; encouraging parents, grandparents, and teachers to eat breakfast with their student; submitting articles to the school and local newspaper, and sending letters and brochures to parents; and the School Lunch Manager presenting a program at the PTO meeting.

The project was a great success since goals were met or exceeded. Breakfast participation increased by 63%, parents, grandparents, and teachers ate breakfast at school, and menus were improved by the addition of a variety of food items.

**Program Size: ADP - 162
(Breakfast)**

**Contact: Barbara Lovelady,
Food Service Manager
Helena Elementary School
Post Office Box 626
Helena, AL 35080
Phone: (205) 620-1065**

Notes

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